

ABSTRACT OF THE DISCLOSURE:

An image fixing apparatus includes a first rotatable member for being heated by a first heater; a first temperature detecting element for detecting a temperature of the first rotatable member; first control means for controlling electric energy supply through the first heater so as to maintain a detected temperature of the first temperature detecting element at a first target temperature; a second rotatable member for being heated by the second heater, the second rotatable member constituting a fixing nip with the first rotatable member; a second temperature detecting element for detecting a temperature of the second rotatable member; a second control means for controlling electric energy supply to the second heater so as to maintain the detected temperature of the second temperature detecting element at a second target temperature; and phase control means for controlling electric energy supply phase so as to avoid overlapping of a phase of an electric power supply to the first heater and a phase of an electric power supply to the second heater.